

PERU: THE WAY OF THE ALTOMESAYOK

For Mesa Carriers Only

JANUARY 20-31, 2020

Golden Light Healing, in alliance with Rainbow Jaguar Institute, are excited to offer an exclusive opportunity for *mesa carriers only* to delve deeper into the mystery teachings of the elusive world of the altomesayok shamans of Peru. Join us as we journey to the mythical birthplace of the Inca, Lake Titicaca. Under the guidance and tutelage of international teacher, Jose Luis Herrera, an entourage of respected native shamans, and Amy & David Wilinski, you will explore ancient sacred sites and participate daily in ceremony and ritual throughout the Andes Mountains, Lake Titicaca and the Sacred Valley.

HIGHLIGHTS



- ❖ You will have the honor of participating in several altomesayok ceremonies and learn directly from the Apukuna.
- ❖ You will receive rites of initiation (karpay) from the local medicine people.
- ❖ Teachings by the native shamans and participation daily in Andean rituals and ceremonies.
- ❖ Exclusive use of Maras Tambo Healing Center for our group
- ❖ 2-night stay as guests in villager's homes on the island of Amantani in Lake Titicaca
- ❖ Visit to the Uros floating reed islands
- ❖ 5-star Gourmet Meals
- ❖ Opportunities for optional private healing sessions and/or coco leaf readings with the native medicine people.

ITINERARY

Please note: This itinerary is a representative sample of the experiences you will have on this amazing journey. There will be many more additional ceremonies added throughout your time with us that are not listed.



Your home away from home. . .

ALTOMESAYOK EXPEDITION

JANUARY 20 CUSCO/MARAS

Welcome to Peru! Book your flight for an early morning arrival into Cusco, the old capital of the Inka. You will be met at the airport by our staff and we will take a scenic drive to the village of Maras. **Maras Tambo**, the healing center of Rainbow Jaguar Institute, is a beautiful center nestled in the Andes Mountains and will be our home base. We will have a welcome luncheon with introductions and orientation. The rest of the afternoon is free to get acclimated to the altitude. Enjoy a relaxing cup of tea as the Andes mountains tower over you as you walk through the gardens and begin dialoguing with the spirit of this amazing land. Evening opening ceremonies with the native medicine people as they lead us in a despacho ceremony, and we gather together for a healing **Fire Ceremony** under the Andean Southern Cross. (L, D)

JANUARY 21 MARAS

Morning introduction into the world of the apus, the winged talking mountain spirits. Today you will meet first-hand the Apukuna as you participate in a powerful **Altomesayok Ceremony**. This seldom revealed ceremony to Westerners gives you the opportunity to deepen your connection with the spirit world as the altomesayok opens the doorway for the materialization of the spirit world. The afternoon will find us processing and deepening our exploration into the Cosmivision of the Altomesayok shamans. (B, L, D)

JANUARY 22 TIPON & SENOR DE HUANCA/PACHTUSAN

Early morning drive to the **Temple of the Waters** at Tipon. This powerful sacred site still has functioning aqueducts. Talks and exploration on the principles of the sacred monument, Pakarinas and Apus. We will perform a water blessing ritual with these sacred waters. After a picnic lunch we will travel to the Northwest side of **Apu Pachtusan**. Here we light candles at one of the most revered syncretic holy sites of the Andes: the Christ of Huanca. The new incarnation of the old Mt Spirit Pachatusan has placed the Christ as the fertility and healing provider of modern-day Peruvians. Our healer friends lead us in a limpia, a cleansing ceremony with medicinal plants of the area. (B, L, D)



JANUARY 23 SACSAYHUAMAN & QENQO/CUSCO



Morning journey to Cusco, the old capital of the Inka. Here we will visit one of the most spectacular archeological sites in Peru, Sacsaywaman and the adjacent sacred sites. Constructed during the reign of Pachacuti (1438-1471 CE) and his successors, its massive, well-built walls remain today as a testimony not only to Inca power but also the skills of Inca architects and their approach of blending their monumental structures harmoniously into the natural landscape. This "head of the puma" reminds us to awaken within ourselves the luminous warrior—the one who vanquishes darkness just by the simple act of letting

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their light shine forth. We will visit the cave at **Q'enko** and as we move through it, we are ritually re-born. A traditional Peruvian lunch awaits us at a picturesque restaurant overlooking the city. Afternoon walking tour of the city. We'll visit the fabled **Temple of Gold, Koricancha**, and the other monuments of high spiritual and historical regard. Optional evening **healing sessions** and/or **coco readings** with the native pacos. (B, L, D)

JANUARY 24 MARAS

We will have another opportunity today to experience the mysteries of the winged ones in an **Altomesayok Ceremony** and deepen our understanding of this mystical tradition. We spend the afternoon processing through a walking meditation around the holy mountain watches over Maras Tambo or just enjoying the spectacular mountain views while we put into perspective our experience. Evening Fire Ceremony. Optional evening **healing sessions** and/or **coco readings** with the native pacos. (B, L, D)

JANUARY 25 SOQMA VALLEY, TEMPLE OF THE WATERS

We drive along the Pachar Valley to a seldom visited **Temple of the Waters** at Soqma. The outing requires hiking and ascending onto a huge rocky outcrop overlooking the local valley. A tall waterfall cascades from the sacred site with bursts of water clouds and mesmerizing noise. We sit in ceremony and ritual cleansing under the tutelage of the Pampamesayok shamans. Enjoy a picnic lunch in this picturesque setting. Evening Fire Ceremony. (B, L, D)

JANUARY 26 MARAS

This is such a unique journey and you'll experience once more the counsel and medicine of the legendary mountain spirits in an **Altomesayok Ceremony**. Teaching Afternoon with an entourage of medicine people that may include: dona Bernadina Katari, don Hilario Huallpayunca, don Franciso Apaza, and Jose Luis Herrera as they instruct us in methods of healing. Free evening to prepare for our upcoming island excursion. Optional evening **healing sessions** and/or **coco readings** by native pacos. (B, L, D)

JANUARY 27 RACHI/PUKAKARA/PUNO



Early in the morning we drive upstream the Urubamba River all the way to its birthplace close to the open Kollao high plateau. Along the way, we will stop at archaeological sites that bear importance to the myths of creation emanating from Lake Titikaka. We'll stop at the **Temple of Wiracocha**, "The God Creator of all Worlds", and Pukara, home of the "Feline Gods Founding Stone" of the first peoples. Picnic Lunch along the way. Evening arrival in the town of Puno which is located right on the shores of Lake Titikaka. Dinner on your own in the

many restaurants close to the hotel. (B, L)

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JANUARY 28 UROS ISLANDS/AMANTANI



Morning boat ride across the limpid waters of **Lake Titikaka** to the **Island of Amantani**. Along the way, we stop at the legendary Uru **floating reed islands**. Although they are practically extinct as people, they are considered one of the oldest races in the world with no genetic similarities with other people from the Andes. In their myth of origin, they point at Sirius the Dog Star. At Amantani, our hosts help us with our luggage as we climb up the hill to their homes with stunning views of the lake. The accommodations are basic, but beautiful. The islanders will prepare delicious meals with their local products. We take an afternoon hike to the ceremonial peak; Pachatata and experience the glorious sunsets over Lake Titicaca. Enjoy a dinner prepared with local products and talks to learn the islander's way of life and their Cosmovision. (B, L, D)

JANUARY 29 AMANTANI

Morning hike to one of the many secluded beaches for ceremonies and **Rites of Passage** along with our shaman companions. We spend the whole morning dedicated to our spiritual healing work. Afternoon vision quest and preparation of the popular "**Sweet Despacho**" to the Mother of the Waters. Evening Fire Ceremony. (B, L, D)

JANUARY 30 PUNO

Morning departure from the island and noon arrival in Puno. Lunch in a traditional restaurant of the city. Free afternoon to shop the local markets or just rest and process the experiences. Dinner on your own. (B, L)

JANUARY 31 CUTIMBO/JULIACA

Morning visit to **Cutimbo**, an ancient burial ground for Kings, Queens, and Shamans. The site is pristine and overlooks the expanses of the high plateaus. After closing ceremonies, we return to Puno for a Farewell Lunch. Late afternoon drive to the airport at **Juliaca** to take evening flights to Lima and the US. (B, L)

Itinerary subject to change at any time due to the discretion of tour leaders and spirit. ☺

TOUR PRICE

\$3795/person cash or check. \$3910/person if paid with credit card or PayPal.

Single occupancy accommodation is available for an additional \$525.

Based on double occupancy. *We will try to pair you up with a roommate if you are traveling alone and want to take advantage of the double rate occupancy. Early registration will help to facilitate this process, but we cannot guarantee it.*

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PAYMENT OPTIONS

OPTION 1: [Email us](#) and we will send you an invoice with a clickable link to pay \$1000 non-refundable deposit or full amount by credit card or bank withdrawal.

OPTION 2: Send in full payment of \$3795 by check to Golden Light Healing, 7102 Sundew Rd, Sobieski, WI 54171.

OPTION 3: Send in non-refundable deposit of \$1000 by check to Golden Light Healing to hold your space. Balance is due by check or credit card 60 days prior to trip start date.

INCLUSIONS

- Transportation throughout Peru by private motor coach.
- All lodging accommodations based on double occupancy.
- Meals as detailed in itinerary.
- All entrance fees to archeological sites as outlined in program.
- Activities including talks and group ceremonies by renowned Medicine People.
- Services of Golden Light Healing & Rainbow Jaguar Institute staff.

EXCLUSIONS

- Meals not specified in the detailed itinerary of the tour.
- Beverages are not included.
- Domestic or International flights.
- Transfers for independent arrival or departure.
- Optional gratuities (we recommend a \$120-\$150 donation for coach driver, retreat staff, villager's, etc.)
- Additional hotel nights made necessary by airline schedule changes or other factors.
- Travelers insurance.
- Cost of medical immunizations (if any).
- Items of a personal nature (liquor, laundry, toiletries, phone calls, etc.)
- Optional personal healing sessions and/or coco reading with shamans
- Single supplement charge, if requested. \$525extra

OFFERED BY GOLDEN LIGHT HEALING IN ALLIANCE WITH RAINBOW JAGUAR INSTITUTE



Amy and David Wilinski are owners of Golden Light Healing, a beautiful retreat center nestled in the middle of 200-ares in northeastern Wisconsin. They offer training in shamanism, mediumship and energy healing. Amy blends her training in conventional medicine and the business world with energy healing to bridge the two worlds. Her love of nature and journey of personal healing has led her to learning with various teachers around the world in the shamanic tradition. David is a shamanic artist and steward of the land. He brings a wonderful earth-based, no-nonsense approach to the spiritual path.

Jose Luis Herrera, a Peruvian native, was born into the 10,000-year-old tradition of mountain and jungle wizards and mystics. Jose Luis is highly respected and a recognized steward and teacher of indigenous knowledge and healing technologies. He's the director of the Rainbow Jaguar Institute and teaches Cross Cultural Shamanism and Healing in the Americas and Europe. His prestigious shamanic healing school has mentored, trained, and empowered hundreds of individuals and shamanic practitioners. He is Chairman of the Andean Research Institute, an organization dedicated to preserving the traditions and culture of Peru.

An entourage of native **pacos** and **altomesayoks** will share the wisdom of their medicine traditions with us and lead us in ceremony and rites of initiation. We will also have a local, **university-trained guide** who will teach us about the history and archaeological significance of the sacred sites we visit.



AL TOMESAYOK EXPEDITION

TERMS AND CONDITIONS

A minimum of 15 participants is required for this tour to operate. If the trip is cancelled due to insufficient number of participants you will receive a refund of your land costs paid to Golden Light Healing. All reservations are subject to availability. Please note: This tour requires a fair amount of walking and participants will need a medium fitness level to fully participate. Persons with health or psychiatric problems may find this program physically or mentally trying. We recommend that in case of doubt, a physician or mental health professional be consulted.

CANCELLATIONS & REFUNDS

Written cancellation notice is required. Cancellations after payment of the deposit or balance are subject to the following penalties:

- greater than 60 days--\$1000 initial deposit is forfeited
- between 60-30 days—50% of the total tour price is forfeited
- Less than 30 days—100% of total tour price is forfeited

REFUNDS FOR UNUSED SERVICES

No refunds will be made for no-shows or any other unused services irrespective of whether they form part of the inclusive tour price or are in respect of pre-booked optional arrangements.

TRAVEL INSURANCE

Travel Insurance is strongly recommended to provide coverage for loss of deposit, cancellation fees, lost baggage, medical expenses and other potential travel-related losses in certain circumstances. Most travel insurance companies require purchase of travel insurance at the time of your initial travel reservation or shortly thereafter. The scope of coverage is subject to the terms and conditions of the insurance policy. Golden Light Healing is not responsible for air tickets or additional travel arrangements booked through any source. Cancellations due to travel advisories, acts of war or terrorism, acts of God, Natural disasters, strikes, technical problems, political upheaval or any other circumstances outside the control of Golden Light Healing are not the responsibility of Golden Light Healing. Cancellations for any of these reasons will not be eligible for any form of refund.

RESPONSIBILITY CLAUSE

By agreeing to utilize the services of Golden Light Healing, the tour participant agrees that neither Golden Light Healing, nor Amy or David Wilinski, nor its affiliates will be liable as per the terms and conditions stated herein. Golden Light Healing is not responsible for any changes in schedule, strikes, delays, acts of governments, acts of God, fires, riots, theft, pilferage, epidemics, quarantine, medical or customs regulations, accident, loss, injury, or damage to you or to those travelling with you, in connection with any accommodation, transportation or any other services, resulting directly or indirectly from any occurrence or conditions beyond its control, including defects in vehicles, breakdown in equipment, thefts, delays or cancellation. Neither shall be liable for any delay, inconvenience, loss of employment, upset, disappointment, distress or frustration, whether physical or mental, resulting from the act or omission of Golden Light Healing. In addition, neither Golden Light Healing nor David or Amy Wilinski shall be liable for any damage, loss, claim, cost or expense arising out of personal injury, accident, death, loss, damage or delay of baggage or other property.

Golden Light Healing cannot be held responsible for the late arrival of passengers at airports or resorts due to weather, acts of God or any other incident outside their control, nor are they to be held liable for payment or any refund for unused hotel accommodation or meals occasioned by such late arrivals. Golden Light Healing and suppliers contracted for services reserve the right to refuse to accept or retain any person whose behavior is deemed likely to affect the smooth operations of a tour, or adversely affect the enjoyment or safety of other passengers. Golden Light Healing, its agents, and suppliers shall be under no liability to any such person for refund, compensation, repatriation or any other matters arising. Golden Light Healing is not responsible for circumstances beyond its control including trip cancellations resulting from the inability for journeys to depart as scheduled, such as cancellations due to acts of war and/or terrorism, war, God, or nature.

PRIVACY POLICY

Golden Light Healing recognizes that privacy is important. In order to provide you with the services that we offer, we will collect some personal information from you which will only be used to facilitate your travel with us and will never be sold, rented or given to any third parties other than airlines, hotels and ground handlers who partner with us in providing you travel services, and then only for the purposes of your trip. We will always safeguard your personal information to the best of our ability. We will also need to collect payment information in order to process checks and/or credit cards. This information will only be collected through secure means using proven third-party tools and will not be stored or retained. Golden Light Healing reserves the right to use photographs taken during the trip for use on its website, Facebook or other promotional materials.